

# Always Available Menu

## Sides

Seasonal Fruit & Cottage Cheese

Garden Salad

## Sandwiches

### **Roasted Turkey Breast Sandwich**

Shaved slow roasted turkey breast layered with leaf lettuce and fresh tomato served on wheat bread

### **Roasted Salmon or Fried Cod Sandwich**

Oven roasted salmon or battered fried cod on a toasted bun served with lettuce, tomato, and onion with fries or onion rings

### **All American Grilled Cheese Sandwich**

An American classic - American cheese grilled on wheat bread

## Entrees

### **Hot Dog**

Turkey hot dog served on a soft white roll with fries or onion rings

### **Herbed Baked Chicken**

Shaved slow roasted turkey breast layered with leaf lettuce and fresh tomato served on wheat bread

### **Choice of Salmon, Flounder, or Tilapia**

Served with the sides of the day or steamed broccoli with fries or onion rings

### **1/4lb. Burger on Wheat Roll**

1/4 lb. black bean, turkey or beef burger seared to order served with lettuce, tomato, and onion on a wheat roll with fresh fruit, fries, or onion rings

\*\*All menu items have been dietician approved\*\*



LANSDOWNE HEIGHTS

MEMORY CARE